

INTRODUCTION

Presenter's Script:

Today we will be learning about issues pertaining to keeping individuals well, such as assisting individuals with eating, food allergies, food safety, nutrition & diets, exercise, mental health, and aging.

As part of your job as a DSP, you may be assisting individuals with meal planning, preparation and cleanup. Because your role is to provide support, there are some things you need to know in order to guide individuals to get and stay healthy.

Healthy Eating

DISTRIBUTE COPIES OF ANY SPECIAL DIETS THAT ARE BEING FOLLOWED BY PERSONS SERVED AT YOUR AGENCY AND DISCUSS

Discuss each section of the plate and what appropriate serving sizes are.

Review how to categorize foods according to the MyPlate concept. Discuss what the trainees themselves ate yesterday and help them determine whether or not they ate a balanced diet.

Diet Restrictions

Presenter's Script:

You may find that some individuals have certain restrictions on their diet that a medical doctor has prescribed due to being overweight, having a medical condition, or as a result of a medication they may be taking. You will need to be alert to these special needs and assist the individual to choose foods accordingly. These diets may be low salt, low fat, high fiber, no sweets, high calorie, etc. The goal may be to lose or gain weight, lower body water or something else.

Answers to Activity: Reducing Fat in the Diet

Suggested answers - substitutes that would result in less fat in the diet.

Instead of:	Choose:
Whole milk	<u>1%, nonfat, soy or rice milk</u>
Ice cream	<u>sherbet, low fat ice cream</u>
Butter, margarine	<u>olive oil, yogurt, salsa, applesauce</u>
Regular cheese	<u>low or reduced fat cheese</u>
French fries, hash browns	<u>baked or boiled potatoes</u>
Sour cream	<u>salsa, yogurt, non or low fat yogurt</u>
Tuna packed in oil	<u>water packed tuna</u>
Cooking oil, lard, shortening	<u>olive oil, canola oil, or cooking spray</u>
Fatty meats	<u>trimmed meat, skinless chicken, fish</u>
Vegetables in cream or butter sauce	<u>steamed, microwaved or cooked in broth</u>
Potato chips	<u>Pretzels, oven baked chips</u>

Answers to Food Label Exercise

What do labels tell you about calories?

1. Calories pre serving
2. Calories per serving from fat
3. Percentage of several elements based on a 2,000 calorie diet
4. Recommended limits for fat, saturated fat, cholesterol and sodium for diets of 2,000 and 2,500 calories

What, if anything, does the order of ingredients tell you?

By volume of weight, the first ingredient is the most prevalent and the last ingredient is the least.

What did you learn from the label about fat, cholesterol, sodium and fiber?

1. The amount of each per serving
2. Daily values of each based on a 2,000 or 2,500 calorie diet
3. Whether there is any of it in the product

What else can you learn from food labels?

1. Percent of daily requirement for certain vitamins and minerals
2. Selected other information

Answers to Healthy Cooking Activity:

What are the healthiest ways to cook these foods?

- Raw vegetables - steam, boil, microwave
- Meat - broil, grill
- Canned vegetables - steam, boil, microwave
- Potatoes - bake, boil, microwave

What is the least healthy way to cook foods? fry

Note: See ServSafe web site for food safety training videos and DVDs

<http://www.servsafe.com/catalog/ProductList.aspx?SCID=7&RCID=1>

ANSWERS TO PHYSICAL FITNESS ACTIVITIES QUIZ

Presenter's Script:

EXERCISE - WHEN YOU BEGIN:

When people begin an exercise program, they should start out easy and work their way up to a more rigorous regime.

Cardiovascular Activities:

- Jogging
- Walking
- Biking
- swimming
- Aerobics classes
- Stair climbing
- Team sports

Strength Training:

- Weight lifting
- Isometrics
- Adding weights to aerobics
- Throwing and catching a ball

Flexibility Training

- Stretching
- Aerobics
- Yoga

Visiting the Doctor

As part of the duties in your role as DSP, you will be assisting people visit the doctor and dentist as part of staying well.

In the following pages we will discuss some important areas that will help make the visit a bit less traumatic for the individual and for you!